

## Stripe Requirements - Sr. Purple Belt

### Stripes

#### 1.) New Kicks

- Jump spin side kick
- Jump spin hook kick
- Jump spin crescent kick

#### 2.) Sparring Combination #1

- Back fist, front leg side kick, jump spin side kick

#### 3.) Sparring Combination #2

- Triple skipping round kick, rear leg round kick (other leg), jump spin hook kick

#### 4.) Sparring

- 2 minute sparring round
- While sparring must demonstrate both Sr. Purple Belt sparring combinations

#### 5.) Demonstrate the Purple Belt Form (Yul Gok)

- Demonstrate IMPROVED form with no mistakes and a lot of power



MARTIN'S  
TAEKWONDO  
AMERICA